



VOL.XXXIV. NO 10

BROADMEAD, COCKEYSVILLE, MD

June, 2013

Effective August 1

Broadmead to Have Tobacco-Free Workplace

Cluster residents may still smoke in units, outdoors

By Marcia Reinke

All of Broadmead's full- and part-time employees, temporary workers, contractors, consultants, agency employees, interns and visitors will be subject to a tobacco ban anywhere on the Broadmead property, effective August 1.

The smoking policy, initiated by staff members, has been approved by of the Administration and by the Board of Trustees. It will not apply to cluster residents who wish to smoke in their units or outdoors.

Staff members have been invited to smoking-cessation classes organized by the Employee Assistance Program (EAP), including telephone coaching, counseling services and healthy snack alternatives.

Employees who quit smoking entirely, on or off campus, will be honored at a day of celebration.

During a current six-month preparation period, which commenced February 1, employees have been reminded of the benefits of a smoke-free workplace in creating a safer and healthier environment.

Workers who are bothered by smoke will not be exposed. Smokers who want to quit may have more reason to do so. And both employees and managers may appreciate a clear company policy about smoking at work.

For the employer, in addition to a safer and healthier workplace, direct health care costs to

Broadmead may be reduced. Employees may be less likely to miss work due to smoking-related illnesses. And maintenance costs should go down when smoke, matches and cigarette butts are taken out of work facilities.

In addition to cigarettes, the ban covers pipes, cigars and smokeless tobacco to snuff and chew. The policy applies to all facilities and grounds owned, leased or operated by Broadmead and all company-owned or company-leased vehicles.

Included are parking areas, walkways and roads. Holly House will remain smoke-free.

On or about July 1, a month before implementation, tobacco-free signage is expected to appear. Ashtrays will be removed on August 1.

There will be on-going evaluations of the program.

An initial violation of the policy by an employee will result in a verbal warning and will be considered a "Group One" offense. Subsequent violations will result in disciplinary action. A first violation of the policy by other workers and visitors will result in a reminder of the tobacco free policy.

Inside....

Bidding Rich Compton Farewell

See page 3

Broadmead's Beautiful Trees

See pages 4 and 5

BROADMEAD WELCOMES

By Nancy Allchin and Natalie Bellows

Alice (Disher) Christensen

R-8; 443-578-8377; March 2013

Although Alice has lived in many parts of the United States, she came to Broadmead from her most recent home in Towson.

She was born in San Francisco and grew up there. When she married James they remained on the West Coast as he completed his military service in Seattle (Korean War) and then went to graduate school in California. They raised two children, a daughter now in New York City, and a son now living in Baltimore with his wife and daughter.



In 1967 the family made the move to the East Coast. Alice worked as a legal secretary for 10 years in New Jersey. Later they moved to Connecticut where Alice and her husband opened a rock and mineral shop. Though they worked 12-hour days she describes this venture as the "most fun she has ever had in her life." She has kept many of the crystal rocks which she displays in her apartment.

Mary Lee (Baker) Anderson

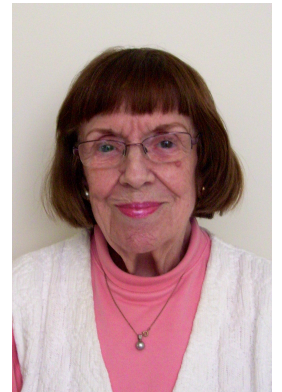
L-4; 443-578-8367; April 2013

Mary Lee has come to Broadmead from the Armagh Village area of Towson, leaving a home she had lived in for 51 years. She has been a widow for 19 years.

She was brought up in San Diego and graduated from the University of Redlands in Southern California where she majored in sociology. After college she worked eight years for the American Red Cross. The first four years she served on military installations in northern California, the last four years at Pacific Area Headquarters in San Francisco. Altogether she served on three major disaster operations: Western States floods (in northern California), Appalachian Mountain floods in Kentucky and Hurricane Donna in Florida.

It was in Kentucky that she met Andy whom she later married when he came to Baltimore as Director of Disaster Services for the regional chapter of the Red Cross. The couple have a daughter, a son and now three granddaughters. They live in the area.

In 1980 Mary Lee began a second career, working as a financial administrator for the Church of the Redeemer for 18 years. Since her retirement she has volunteered one day a week at the church. She is also involved with the Episcopal Church's Corporation for the Relief of Widows and Children of Clergy. She volunteers at GBMC where she has been a patient representative for 39 years.



EDITORIAL POLICY

THE VOICE is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry feature articles, essays and poems written by residents and staff, of interest to Broadmead residents, plus material assigned by the editors. As its major goal is to promote a sense of community, THE VOICE does not publish criticism of individuals or of the three organizational bodies that comprise Broadmead (residents, administration and trustees) nor controversial opinions about Broadmead affairs as there are established procedures for the resolution of internal problems. THE VOICE does not publish matters of a religious or political nature, except in the context of a lecture report with attribution to the author of the opinion. As a general rule THE VOICE will not publish submissions from outside media due to space limitations and possible copyright problems. All submissions must be signed. The decision of the Editorial Board in regard to publication shall be final. Those submitting articles should retain copies as submissions will not be returned.

We must have all submissions by the 12th of the prior month. As we want no article to run to more than one page, no copy may exceed 600 words in length. All copy is subject to editing and cutting. All submissions should be typed and, if possible, sent by email attachment to voice@broadmeadra.org, with a hard copy in THE VOICE box opposite the copy machine in the BRA office.

Compton Retirement to Include Travel, Grandchildren, Teaching, Writing and returning to live here some day



Practicing up for his retirement, CEO Rich Compton was a happy participant in Broadmead's "Putting for a Purpose" golf game. (See page 6)

Retirement Events Scheduled

Invitations are out to residents, staff, trustees, officials at other area retirement communities, government officials, Friends Services for the Aging and other groups involved with aging for a "Celebration of Service". The gala is to be held Friday, June 28, when longtime CEO Rich Compton retires following years of "extraordinary leadership" at Broadmead. The event will run from 2-5 p.m. in the auditorium and lounge.

Other events celebrating his service include a recognition at the Monday, June 3, Residents Association Annual meeting, a dinner with the trustees and their spouses in the Magnolia Room on Monday, June 17, and a staff "toast" to be held Thursday June 20 in the auditorium.

By Gwen Marable

Rich Compton calls himself, "the luckiest man in the world" as he looks forward to retirement after serving as Broadmead's CEO for 27 years.

He and Linda, his wife of forty-five years, plan to spend more time together at their house, which Rich designed and had built, on Lake Meade in Pennsylvania. They enjoy each other's company and have fun. They'll be cleaning out ten closets and two garages and he'll be busy with do-it-yourself repair projects, along with enjoying water sports and fishing, he said.

Next will come travel, their favorite activity, since beginning their marriage in Germany, where he was sent by the Armed Services for two years. They have visited most of the Eastern and Western European countries, Australia and New Zealand. In August and September they will be in Wales and the Lake District in England. Future plans include visiting all the National Parks and Alaska.

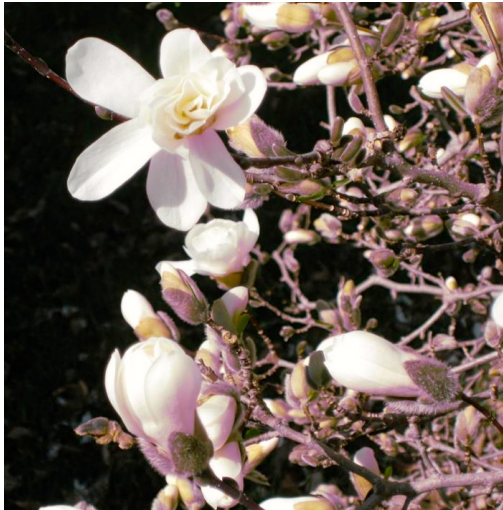
Returning home, they expect to play with their four grandchildren, two boys, two girls, ages 2-6 and to be available to attend school programs, sports events and dance recitals. They'll resume bridge games with friends and neighbors and Rich will play weekly with a senior golf group.

Rich will also resume teaching undergraduates at the UMBC's Erickson School of Management of Aging Services, where he has taught for five years.

Already started is a novel about a man's journey, beginning on an island off the coast of Ireland, including a shipwreck off Nova Scotia. Rich intends to enjoy his own journey researching, as he writes historical fiction.

When the time comes, Rich and Linda will move to Broadmead. If they become Associates, perhaps we'll see him in the Writers Group.

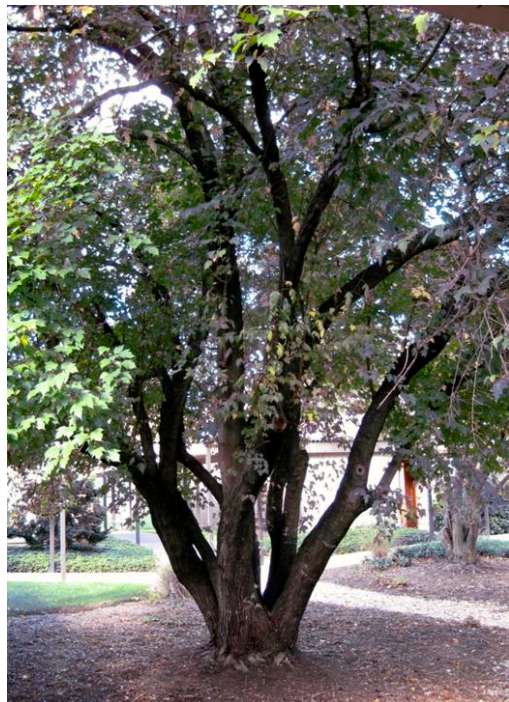
Trees Are Bursting Out All Over Broadmead



Star Magnolia Blossoms



Red Bud Blossoms on Trunks



Amur Maples in Cluster G

Photos by Mary Frances Wagley; Story by Nancy Allchin

Dogwoods, magnolias, maples, redbuds, crabapples, Bradford pears, Japanese tree lilacs, paw paws, elms and a variety of oaks, including offspring of the Eastern Shore's famous Wye Oak, are among the deciduous trees currently enhancing Broadmead's 90-acre campus.

Illustrating their beauty, their variety and seasonal changes, resident Mary Frances Wagley enthralled her Broadmead audience recently with power-point photos of over 100 trees. She pointed out where in the clusters, the Center and Holly House areas, along the Perimeter Road and beyond the trees might be found.

Mary Frances, former headmistress at St. Paul's School for Girls, began studying our trees when she arrived seven years ago. Starting with former resident Nancy Rowe's map of the "grove" of trees outside the Perimeter Road and then branching out to study the clusters, she learned about specimens growing right outside our doors. Experts Charlie Davis, Mac Plant and Jim Rose were invited to guide tree walks. Mary Frances also took a course at Longwood Gardens.

Beginning with oak trees, she said there are 40 different varieties in Maryland and we have the white, pin, red, and willow oak species here. The white oak is our state tree. Broadmead planted nine seedlings of the champion Wye Oak (a white oak) of the Eastern Shore which lived for 460 years before succumbing to the forces of nature.

Broadmead has several kinds of maple trees. The red maple produces reddish colored seeds in the spring. There are two very large and old Amur maples in Cluster G that may have existed and been saved when Broadmead was built. Papery seeds called samaras hang from the branches in large clusters. A sugar maple stands in the meadow to the right of the entrance road. It has rows of holes in its trunk made by yellow sapsuckers who drill into the bark in the spring, letting sap ooze out, thus attracting small insects and providing lunch for birds.

Spectacular in April are the redbuds with their deep-pink blossoms strung along the branches. Several magnolias with large showy flowers may be seen in Clusters N, P and Q and south of the Center. There are sweet-bay magnolias throughout the grounds. The tulip trees on the ridge are in the magnolia family and have equally showy blossoms, which you may never see as they are in the tree tops.

Several types of dogwood appear throughout the clusters. The familiar *Cornus florida* and an unusual species, *Cornus mas*, with yellow flowers, may be seen near the building entrance opposite the reception desk.

Japanese Pagoda trees are summer bloomers. They have cream-colored flowers and yellow seedpods. Look for them east of the swimming pool deck and on the west side of the rose garden.

Other trees identified by Mary Frances on campus include black locusts, yellowwood, snowbells, Bradford pears, American beech, persimmons and pawpaw. In recent years we have added a Princeton elm, a variety resistant to the Dutch elm disease. It stands west of Cluster H. A ginkgo with its unusual fan-shaped leaf is located at the corner of C and B.

Mary Frances showed two aerial photos of the Broadmead campus, one taken in 1982 by Mary Craig, a former resident, and the other in 2012 by Mary Frances' son-in-law. They show a significant change in the amount of tree and shrub cover as well as the increase in patio enclosures.



Bradford Pear in Spring bloom



Work of yellow-bellied sapsucker

Rappeport and Smith Reelected at MaCCRA Annual Meeting

By Marcia Reinke

The average 2013 entry age into continuing care retirement communities has increased to 84 years, up from 78 in 2008, Marty Roach of the Department on Aging told the annual meeting of Maryland Continuing Care Residents Association (MaCCRA) at its annual meeting at Collington last month.

Roach and Barbara Brocato, who has served as MaCCRA's legislative lobbyist for 20 years, reviewed recent legislation benefiting retirement home residents and issues expected to be addressed at the 2014 state legislative session. Included are increasing transparency, both in contracts and in actions of governing boards; requirements for early restoration of power following outages; Medicare payments for rehab following hospital observations; and requirements that Type C communities have appropriate actuarial studies to determine whether they will be able to fulfill obligations to residents in 25-30 years. Type A communities like Broadmead already have such actuarial reviews. Providers such as LifeSpan and Erickson oppose such studies.

Broadmead residents Jonas Rappeport and Alma Smith were reelected as president and secretary of MaCCRA. Other officers are from Ingleside, Oakcrest and Collington.

Ballet Video

Friday, June 21, 7 p.m. Auditorium

Coppelia

Music by Leo Delibes, Kirov Ballet

Maryinsky Theatre, St. Petersburg
(91 minutes)

Summer Opera Videos

July 12 - **Walt Disney's Fantasia**

August 16 **The Music Man**

Dates subject to revision

Check the Bulletin Board

Golf Game Raises \$20,000 Sixty Putters Participate

Text by Bernie Anderson; Photos by Bob Davies

Sixty people enjoyed an afternoon of golf and camaraderie on April 26 in the Broadmead Center. Playing miniature golf on nine "greens," each of which was designed and built by different groups here at Broadmead, participants found various challenges to getting the ball in the hole.

But it was all for a good cause. Over \$20,000 was raised from residents and 37 Broadmead vendors, which was more than enough to pay for the new fountain installed in Lake Maybe. The remainder of the money will be used for a project next year.

Prizes were awarded for low score and holes in one. Will Scott of Brickman won first place for the lowest score in the vendor category. Marjorie Espenschade won first place for the lowest resident score. Chuck Warnke, from the Rehabilitation Department, won first place for the lowest staff score, as well as the Hole-in-One prize.

In addition to the above prizes, awards were given for creativity to groups who designed the holes. Food Services won for the "Most Creative"; the Woodshop for "Most Challenging"; Housekeeping for "Most Fun to Play"; the Beauty Shop for "Best Bunkers"; and Lifestyle for "Best Fairways".

All participants appeared to have a good time, and talk seemed to be about the challenges in avoiding the various hazards that participants faced. Who would have thought that hair curlers and bottles of Tide would be used as obstacles to getting the ball in the hole?

"It seems everyone agrees that we must do it again next year," said Director of Development Deborah Kopper who spearheaded the event. "People are stopping me in the hall to say how much fun they had."



BRA President Susie Fetter measures distance to the hole.



About to make a particularly tough putt on the green set up on the Holly Terrace slope was Dwight Hastings.



Handing out the balls and putters were staffers Lisa Mainolfi and Deborah Kopper, Director of Development.

Two New Saws Make for Safer Environment in Woodshop

Story and photo by Bernie Anderson

The Broadmead Woodshop is now a safer place to work, thanks to a generous donation from John McShane.

Two new power saws were recently installed. One is a Laguna Band Saw and the other is called "SawStop", a professional cabinet saw equipped with a new safety system that virtually eliminates the possibility of the operator cutting himself/herself when using it. Both saws provide better capacity for woodworkers to build and repair the numerous items that are worked on in the Woodshop.

Residents who are involved in the Woodshop include John Robbins, Court Robinson, Larry Schneider, Jonas Rappeport, Harry Butcher, Natalie Starr, Lee Fleishman and Ben Villalobos, as well as John McShane.

While many residents are aware of the repair work that is often done on furniture and other things, the skills of the workers are best demonstrated in the projects that they do for themselves and their families. All are aware of the beautiful abstract wood art done by Larry Schneider. Last year John McShane completed a lovely chest of drawers for his daughter and had it on display in the lobby for several weeks. John Robbins seems to always be at work on some project, creating furniture from some exotic wood. Court Robinson has created some beautiful cups and bowls using the lathe, some of which have been on display in the lobby. Recently Natalie Starr has been working on a cabinet. The workers use a variety of woods, including some from local trees.

The two new saws will soon be put to use on a variety of new projects. And people working in the Woodshop will now have a safer environment to pursue their work. They wish to emphasize that they will continue to provide repair services for residents, as needed.



Court Robinson works with the new "Saw Stop", one of two power saws donated to the Woodshop by John McShane, at right.

Residents Association Trips Committee

Wednesday, June 19

Visit To Antietam

(Bus will leave from lower level at 9 a.m.)

Wednesday, July 10

Gibson Island

Sunday, July 14

HMS Pinafore

at Roland Park Country School

See the bulletin board for sign-ups.

In August the Trips Committee hopes to have trips to the Walters Museum and the Reginald Lewis Museum. Detailed descriptions and sign-up sheets will be available on the bulletin board as soon as arrangements are complete.

IN MEMORIAM

Bruce Murdock

February 1, 1927

May 20, 2013

Beauty of Challenging Hike Rewards the Effort

Story by Sally Bloomer

Photo by Bob Davies

The Ridge Trail is the most challenging Broadmead hike. It includes a climb between 200 and 500 feet (depending on whom you ask). It is about 3/4 of a mile long.

Beginning at the focal point (a seasoned hiker would call this the trail head) in mid April to

early May, you are rewarded for your efforts by Virginia blue bells and scilla in blue and white, which grow in spiky clusters of six-to-12 inches with many bell-shaped blossoms. There are many tiny stars of Bethlehem scattered here and there. Spring

beauties are popping up, as is Jacob's Ladder.

Turning west, purplish-blue periwinkle predominate as you approach a split-rail fence. This leads to the summer house, built in 1983 with money donated by the residents. It is on a stone foundation with clumps of greater celandine gracing the wall. The summer house even has a sky light of weathered plastic, which could be improved by another resident contribution.

Sitting in the summer house on built-in benches you can enjoy a good view of the traffic below and the Center. Along the path steps have been built, which with the split rail fence make the going easier. Soon you must decide whether to head straight down the Beech trail and back to mowed lawn and the main entrance, or turn east.

Be brave and make the eastern ascent along the ridge trail, past the water tower. If you stretch a bit and look down over the crest you will behold a large cluster of daffodils. One resident, excited and surprised by the sight estimated hundreds of daffodils. Bob Fetter can verify this.

Soon the path levels off and the view down the hill to the south often offers a group of foraging fawns. To the north where the ridge crests and levels off are several houses. The nearest house has a mowed lawn and a large cement-block building. There is a fenced area for a garden.

One lucky resident hiker had a friendly conversation with a lady clearing her yard of sticks. She said that machinery used by the workmen on her property disappeared and was found in Broadmead's barn while it was

being constructed. In spite of that she prefers a retirement home as a neighbor rather than a residential development.

At the crest there is one of many woodshop-made benches. Sit down for a rest and enjoy a view down the ridge. The tall trunks of the tulip trees are especially impressive.

Then there is a heap of stones in a hollow. A charcoal making oven?

Soon you begin the descent, which is made easier at the steepest drop by more man-made steps. A grove of evergreens nearby is a good bedding place for the deer. Here there is a good view of the back of Hill House with its spacious deck. The trail curves again toward the west as you walk across the Hill House driveway.

There are large trunks of fallen trees all along the way in various stages of decay. The site of a garnet outcropping just west of Hill House is marked by a split-rail fence which helps the amateur geologist reach the six-foot high rocks speckled with garnets about 1/8 of an inch in size. The outcropping has been there for 800,000,000 years in the Setters Formation. There is a helpful graphic composed by Chris Slaughter and a wooden bench built, of course, by the Woodshop.

The final descent passes large Lenten rose plants and lots of variegated ground cover. If you have made the hike you've stretched your legs for about 3/4 of a mile and helped in adding years to your time on earth.



Water tower and its daffodils



Photo by Penny Partlow

Jessica MacAllister Brings Music to Hallowell and Taylor

By Carol McCord

The Bruck Fund has brought a bright new face and voice to the Hallowell and Assisted Living floors. Jessica MacAllister is a music therapist and her job is to bring pleasure to Broadmead's most mentally and physically frail and "to bring respite from the boredom and depression that often dominate their days," says Bruck Fund Director Betty Shaughnessy.

"Music will be used to address measurable non-music goals and objectives within physical cognitive, social and emotional domains," she said. Resident observers and/or staff assist in all of the sessions.

Since her arrival in April MacAllister has been assisting the interdisciplinary team of Shaughnessy, Lifestyle Director Harriet Ambrose and the nursing staff in selecting participants and in determining the form and content of the program.

This observer watched as about a dozen participants on wheels entered the sunny Activities Room in a far corner of Hallowell and took their positions as Jessica, guitar in hand, greeted each by name. Then she sat down facing them, smiling, strumming her guitar and in a lovely voice, sang *Oh What a Beautiful Morning*, after which she invited them to sing with her. She was able to engage them. Some knew the words.

On a table at her side was an assortment of musical instruments (small drums, shakers, bells) and brightly colored discs. Indicating them, she explained that they were going to make some

choices as to which instrument they would play or what color disc they would choose to go with a particular song. After instruments and discs were distributed they began to play along, keeping time to the music. Although she encouraged them, those who wanted to just listen or rest could do so. Inducement, if any, is gentle.

MacAllister will be conducting some programs in the morning, others in the afternoon or after dinner. There are several different schedules.

"We welcome a music therapist to Broadmead," Shaughnessy said, "and look forward to working together."

Bruck Fund Donor Would Be Smiling

By Mary Frances Wagley

She was born in Frankfurt and lived in Milan, London, Richmond, VA and Cockeysville. Gabriele Bruck, a Broadmead resident from 1983 to 1998, was described as a private person of solemn countenance who also had a keen sense of humor and a heartfelt concern for those who lived in the licensed-care areas of Broadmead--Hallowell and Taylor Halls.

She realized that those who had lost a measure of their independence by diminished mental and physical abilities often endured boredom and depression. She wanted to do something about that and she had the financial means to do so.

Mrs. Bruck initiated discussions with the then Medical Director Thomas Crawford, M.D., her friend Dr. Lehman Guyton and others. In December of 1992 she established the Bruck Fund with a gift of approximately \$1 million to become operative at her death. When she died in 1998 the assets of the fund, due to further contributions and dividends, had increased to \$3.728 million. According to our Accounting Department as of March 30, 2013, the assets of the Bruck Fund were \$4.6 million.

Betty Shaughnessy, program manager of the Bruck Fund, oversees a variety of activities sponsored by the Fund. In the fall of 2012 the Residents Healthcare Committee asked Betty to work on an eight-week experimental program in Music Therapy. With the blessing of the Bruck Fund Council, Betty took the idea through the process of interviewing candidates for the position, hiring the most promising and helping her devise a program appropriate for the residents of Hallowell Hall. Now almost at the end of the trial period, the fully functioning program delights many. (See accompanying article).

I think Mrs. Bruck, who expressed hope that her Fund would bring the joys of Christmas to licensed care residents year-round, must be smiling.

Broadmead Briefs.....

Sixteen members of the **Broadmead Writers Group** participated recently in the annual reading of their original prose and poetry, a highly anticipated auditorium event now in its 17th year. Readers were: **Carolyn Underwood, Ann Allen Dandy, Sue Schlenger, Sally Bloomer, Jim Butzow, Caroline Goldsmith, Sibylle Ehrlich, Janice Dykacz, Susie Fetter, Elborg Forster, Flo Dunlop, Bob Fetter, Gwen Marable, John Michener, Eli Freedman and Ruth Williams.**

Adventures in Learning Chair Dorothy Krug has announced that the fall series will present Baltimore from a different point of view. Featured will be local historians Lois Zanow and Sally Johnson, who recently published a book entitled *Baltimore's Houses of Worship*, and completed a well-received presentation at the Johns Hopkins Osher program attended by several Broadmead residents. They will be here October 23 and 30, November 6 and 13.

Director of Community Services **Linda Chick** has announced that the annual **Country Fair**, usually held in June, will be postponed until September due to the many activities involved in saying goodbye to CEO Richard Compton and welcoming incoming CEO John Howl.

Even though **James (Jamie) Stierhoff** and his horse Twill Do placed fourth in this year's Maryland Hunt Club race, proud grandparents **Hugh and Kitty Stierhoff** are delighted at his performance at the Glyndon event. "He did not win but as far as I'm concerned he did fine since he came in on his horse and had a good ride. Only six of the 12 starters finished. All the other horses went down. And it was a very close finish," she said. The day before the event a long piece appeared in the *Baltimore Sun* speculating on whether Stierhoff, whose "day job" is with the Brown Advisory investment firm, would win the Hunt Cup for the third time, a feat achieved only seven times in the 116-year history of the prestigious and brutal four-mile steeplechase. He won on Twill Do in 2010 and 2012.



In other horse-related news **Forest Boyce**, 28, granddaughter of resident **Nancy Boyce**, was featured recently on the front page of the *Baltimore Sun* in an article headlined "Jockeying for Place in a Man's Game". Shown here in a photo taken at Pimlico, where she was one of four women (and 30 men) competing in the day's 10 races, she said that is roughly in line with the gender gap in the nation's jockey corps. Forest is a graduate of the Garrison Forest School and the Maryland Institute College of Art and was a runner-up for the national Eclipse Award for outstanding apprentice jockey.

Conservation watchdog **Sally Bloomer** is promoting "copy and paste", conserving money and recycling boxes this month. "Copy and paste" is a computer skill by which those producing short messages for our mail slots may put a lot of messages on one page for copying and cutting up, instead of using a whole sheet of paper for one message. She's asking both residents and staff to help save natural resources. On conserving money Sally suggests that we help each other when we're experiencing computer problems, now that administration guidelines prevent Shane and Leonard from free-servicing our minor computer problems like changing a printer cartridge. Finally she points out that empty cereal or tissue boxes may be flattened and recycled with newspapers.

Residents Association Annual Meeting to Be Held June 3

The annual meeting of the Broadmead Residents Association will be held at 7 p.m. Monday, June 3, in the auditorium. All residents are urged to attend.

A slate of officers for the coming year will be presented by the nominating committee. Continuing are Susie Fetter, president; John Michener, first vice president; Jim Crowder, second vice president; Sibylle Ehrlich, secretary; Nancy Henley, treasurer; Marjorie Espenschade, associate treasurer; and Kitty Stierhoff, representative to the Board of Trustees. New nominees are Helen Shallenberger, associate secretary; Sara Goodman, cluster coordinator; Frank Iber, as the other representative to the Board of Trustees; Lois Johnston and Jane Michener, nominating committee.

Reports will be presented on the cultural, entertainment and fund-raising activities of the BRA and its current financial status. A presentation will be made to Rich Compton.



Bernie Anderson instructed residents willing to devote time to helping with audio-visuals. Each participant was given a printed Broadmead Residents Association Audio/Visual Training Guide divided into "Input, Process and Output". A schematic was included for each piece of equipment.

Photo by Sally Bloomer

OOPS.....

The telephone number of George Schultz in last month's *Voice* article on outside help with personal computers should have been 410-692-6080. George will provide help at \$30 an hour on PCs (Microsoft computers). Goucher student Andrew Krupa, who will work on Apple computers for \$18 an hour as well as PCs, may be called at 781-572-5508.

The cost of the Broadmead Residents Association season ticket bus transportation to the Shriver Hall Concerts should have been \$76.50. All season ticket bus service arrangements for 2013-2014 events need to be made with Louise Hager before June 30.

Your editor and 13 other proofreaders managed to miss that the Trio Cloisonne concert was advertised for Sunday, May 28. It took place on Sunday, May 26.

A resident with a Lake Maybe waterfront view took issue with an observation that the ducks loved the aerator fountain. She said that except for a few early explorers of the fountain, she hasn't seen a single duck. (But no duckweed either. Right?)

Moving Around Broadmead

	From	To
Tom and Marilyn Nuttle	W-7	Q-6

Open Forum

Thursday, June 6, 7 p.m. Auditorium

Preventing Gun Violence in Maryland

Vincent DeMarco, president
Marylanders to Prevent Gun Violence

Health Lecture Explores Sleep Problems

By Frank Iber, M.D.

Dr. Brian Bohner from Sleep Medicine Associates confirmed at a recent BRA lecture what many of us have suspected.

Sleep disorders are affecting Americans more than ever before. We now average 6.2 hours of sleep nightly, down from 8.5 in 1903. Among the causes are environmental disturbances, busy lives, depression, anxiety and the side effects of many medications. A persistent pattern of fewer than six hours sleep a night correlates with an increase in the death rate, Dr. Bohner said.

The most common sleep disorders are sleep apnea, insomnia, restless leg syndrome and primary limb movement disorder. Sleep deprivation leads to various short-term changes affecting the body's autoimmune system, the ability to perform complex motor and mental tasks, the secretion of thyroid and other hormones and the production of insulin.

Typically people are alert until early afternoon when they feel a desire to nap, after which they regain alertness until their usual bedtime. Napping for a maximum of 30 minutes is restorative, he said.

Sleep apnea occurs because the airways relax and block breathing, which deprives the body of oxygen. It affects 24% of all men, a rate three times higher than that for premenopausal women.

When oxygen falls in the blood, a person may suffer from headache, dementia, heart attacks, rising blood pressure, a significant decrease in slow-wave or restorative sleep and usually the worsening of diabetes. Risk factors include obesity, family history, aging, menopause, alcohol and sedative intake, diabetes and heart disease. Although treatment often involves overcoming the nasal pharyngeal obstruction, other treatments such as losing weight are also effective. Surgery has resulted in more complications than benefits, he said.

Insomnia, estimated to affect 35% of women, results from many of the above

causes. If a cause cannot be identified and removal of medications is recommended, generic Ambien and Sonata are available for short term use. For use for longer than six weeks, Dr. Bohner recommends Trazodone.

According to Dr. Bohner, the restless leg and limb movement syndromes, which also disturb partners, are quite treatable.

BRA Health Care Committee Lecture

Tuesday, June 18

10:30 a.m. Auditorium

Swallowing (Dysphagia)

Chuck Warnke

Broadmead Speech Pathologist

Broadmead Play Readers

will present

Wednesday, June 12

7 p.m. Auditorium

The Senior and the Computer

by Nancy Henley
(Broadmead Resident)

Cast

Senior	Marcia Reinke
First Computer	Bill Reinke
Second Computer	Walter Hudson

Wednesday, July 10

7 p.m. Auditorium

Mere Mortals

by David Ives
(cast to be announced)

Wednesday, August 7

7 p.m. Auditorium

Life at Broadmead

(details to be announced)

Kitty Ward and Oldfield Girls Bring Taylor Magic Memories



By Ginny McKecknie Photo by Sally Bloomer

Over a period of five weeks nine girls from Oldfields School and teacher Christine Gilmore interviewed Taylor Hall residents about their lives, using what they learned and photographs of them and their families to produce power point and collage presentations for each resident. Shown here with a collage is Kitty Ward who graduated from Oldfields in 1940. Although she lives in P-12, not Taylor Hall, students Emily Thaler and Skylar Perrilla made Kitty a special collage since she is an alumna. Taylor Hall residents participating were Edwina "Tot" Lyon, Marjorie Gold, Ginny McKecknie, Ruth Sutherland and Priscilla Stieff. The program was arranged by Lifestyle Coordinator Marty Nichols. Kitty Ward noted that the picture of a woman balancing aboard a ship in the center of her collage was not of her but indicative of her life, which consisted of balancing family with following her Navy Officer husband all over the world and enjoying recreational boating in their off-duty time.

Newly Arrived Residents

David and Doris Gilbert	J-3
Erroll and Nancy-Bets Hay	D-3
F. Ross and Helen C. Jones	C-15

Music Committee Announces 2013-2014 Concert Series

Wednesday, September 18 - 7 p.m.

Choo Choo Hu, piano
Lauren Rausch, violin

Sunday, October 27 - 2 p.m.

Igor Yuzefovich, violin
Dariusz Skoraczewski, cello

Wednesday, November 13 - 7 p.m.

Chad Bowles, pianist

Wednesday, December 18 - 7 p.m.

Baltimore Choral Arts Society

Sunday, January 5 - 2 p.m.

Friedheim Piano Quartet

Saturday, February 15 - 7 p.m.

Mark Meadows Jazz Sextet Cabaret

Wednesday, March 26 - 7 p.m.

Harmonious Blacksmith
Early Music Ensemble

Wednesday, April 16 - 7 p.m.

Mark Edwards and Patrick Sise
Classical Guitar Duo

Sunday, May 25 - 2 p.m.

Symphonical Brass
Members of BSO
and top regional performers



Let's Dance

Monday, June 10

7 p.m. Lounge

Everyone Welcome

Next dance September 9

Preakness Attracts Big Crowd, Few Hats



Gone apparently are the years when Broadmead ladies wouldn't have been caught dead without a fancy hat at our annual Preakness party. Among the few hat-wearing stalwarts this year were, from left, Alma Smith, Ruth Williams and Emily Laisy. At right, Margaret Proctor, who's doffed a handsome Preakness hat for years, chose a "Commissioner Maryland State Racing Commission" sign instead. Her late husband Kenneth served on the Racing Commission and as a judge at the Preakness.

Photos by Bernie Anderson

Recognizing Our Birdsongs



Lessons in how to see, appreciate and recognize the songs of Broadmead's many bird families attracted current and potential birdwatchers to a springtime Saturday night program. Explaining the tools needed, including binoculars, guide books for the Eastern United States, food, water and houses was Rob Mardiney from the Irvine Nature Center in Owings Mills. Mardiney distributed maps of the Center and invited residents to walk its trails.

Photo by Marcia Reinke

Bequest Will Help Broadmead, Create Estate Tax Deduction

By Deborah Kopper

Our funds have grown over the years due to the generosity of previous residents. Their legacy is helping current residents and staff.

A bequest allows you to make a gift to Broadmead, receive an estate tax deduction and leave a legacy of generosity to whatever fund calls to your heart.

For more information please contact Director of Development Deborah Kopper at 443-578-8044.

Discovery Day to Be Held June 14

A "Discovery Day" Open House will be held in the auditorium, the lounge, and various other locations in the Center on Friday, June 14, from 1:30 to 4 p.m. Approximately 70 persons are expected to attend.

Organized by the Marketing Department, the event will include information booths dealing with financial issues, health and wellness as well as posters and other exhibits provided by the Residents Association.

An Admirable Nest -- But There?

By Ruth Williams

The phone rang. I answered it. The man from the car place was calling. I had taken my car there for its biannual check up.

"Mrs. Williams," the car man said. "We found a mouse or a rat's nest under the hood of your car."

"Oh," said I. "And how much damage did it do?"

"About three hundred dollars worth."

"Three hundred dollars!" I exclaimed.

"It damaged the thing-a-ma-jig," he said. Well he didn't exactly say "thing-a-ma-jig" but not being a car aficionado, I don't know a strut from a strap.

"We'll show it to you when you come in," said he, and he did.

It was a beautifully constructed nest, circular, about eight inches across. It was made of sticks, straw and what looked like packing material. I actually admired it.

But not so much that I didn't go right out and buy the recommended bottle of Pests Be Gone.

Quaker Small Business Grants Help Kenyan Women

By Gwen Marable

Kenyan women are starting small businesses thanks to a Quaker program once headed by Broadmead resident John Sexton.

Explaining the program known as Right Sharing of World Resources (RSWR) here recently were its field representative Samson Ababu and its executive director Betty Tonsing. Ababu said RSWR provides grants so women may start community businesses, such as raising and selling poultry and grains. Tonsing talked about the program's history and concept of "micro credit." The project was set up by the Quakers 50 years ago with Sexton as its first director. There are now 75 groups of Kenyan women benefiting from these small business loans.

The Multicultural Committee will sponsor Ms. Tonsing's return for a future Broadmead program.

Sally and Broadmead Group Find changes at Old Ball Game



Story and photo by Sally Bloomer

"One, two, three strikes you're out, at the old ball game." That's just the way it was at the old ball park. There we were, all 21 of us, at Camden Yards to see the Orioles play the San Diego Padres. Our team left many runners on base and lost 8 to 4. We had a grandstand view behind third base. Many of us observed that things have changed at the old ball park.

First, the home plate umpire hides his chest protector under his shirt. Second, uniformed guards are stationed about every 50 yards between the fans in the stands and the playing field.

Third, school children (excuse me, kids) filled the stands from schools as far away as Pennsylvania. What! No school? They were all on a "field trip", we learned.

Fourth, on the big screen pictures of the various sections were shown intermittently. Your section may be picked if all of you stand up and act foolish enough.

Fifth during "lip stick" time on the big screen, if the camera pans in on you, it's your turn to kiss the person next to you. Smooch for the camera, guys.

Lastly, if you're a chilly old lady and want to move down to a seat closer to the field and in the sun, just smile and ask the attendant.

Protecting Ourselves on the Internet



The John Micheners, father and son

By Elborg Forster

Virus protection programs such as Norton and McAfee are no longer very effective, John Michener Jr., told an audience of puzzled PC users at a recent talk in Open Forum's "nepotism series." John, former Senior Security Manager for Microsoft, and an expert who advises internet companies, is the third Michener son to speak at Open Forum this year, following brothers Lloyd and David who talked about new approaches in medicine and gardens. All have doctoral degrees.

Browsers provide more protection than the Norton or McAfee systems, he said, pointing out that there are things a user can do to protect home computers. He suggested that various activities such as banking, games and email could be carried out on separate browsers, or even on different computers. He said that it is important after going to a banking site that the browser memory be cleared.

He suggested using several user names and several passwords. Passwords should be at least 16 characters long, he said.

It is good to store your data in the "cloud." Although this gives your internet company access to your data, so advertisers can target you, your data will be safe if your computer is physically destroyed.

Winter Adventures in Learning Interrupted Twice

By Elborg Forster

Two of Wayne Schaumburg's lectures on Baltimore "In the Best of Times and the Worst of Times" had to be postponed due to a snowstorm that didn't really come and a health-related quarantine that did.

But no matter, we are glad that Schaumburg came to us, for he is an excellent lecturer who thoroughly knows his Baltimore history and all the people who have shaped its destiny, as well as the landmarks and the artifacts many of us know so well.



So there was a lot to learn about the best of times (1780-1810), when Baltimore with its port was booming, and again in 1830-1850, when the development of the B&O Railroad gave the city an advantage in the competition with other east-coast places as the country was expanding westward.

Schaumburg also provided a vivid account of the worst of times, namely the War of 1812, culminating for Baltimore in the bombardment of Fort McHenry, the birthplace of our National Anthem; and the Civil War era, when the border state of Maryland, and especially Baltimore, had decided Confederate sympathies and came into conflict with the Union troops that passed through.



Let's Sing

with Jonathan Jensen
at the piano
Monday, June 17,- 7p.m
Lounge
Next Let's Sing in
September

Mutual Thanks for Another Bob and Rhoda Show



in Learning Chair Dorothy Krug, center, thanked resident historians Bob Forster and Rhoda Dorsey for a second five-session presentation this year on "Spain and England in the Americas, 1500-1800". They in turn thanked Dorothy for the fun they have had in being lecturers again, Bob Davies for his assistance with their power point presentations, and their audience for coming with interesting questions.

By Elborg Forster (Full disclosure: The reviewer has been married to one of the lecturers for 58 years, but that doesn't mean she couldn't appreciate their presentation as much as everyone else.)

The Spanish Empire presents a remarkable example of racial amalgamation. The British Empire presents a remarkable example of training in self government. So said Johns Hopkins History Professor Emeritus Robert Forster, and Rhoda Dorsey, former president and history professor at Goucher College

The colonization Spain and England visited on South and North America in this period took very different forms. Spain, which had large but dispersed possessions in Europe and a great deal of experience with governing them, saw itself as the protector of the Roman Catholic Church. England was a small country beset with internal political problems of a dynastic and constitutional

nature and unending wars against rebels in Scotland, Wales, and Ireland.

The first lecture examined these two homelands and their cultures. Lavish illustrations showing works of the great contemporary artists made the point of the differences between them.

From there the speakers moved on to the challenges both countries faced when they moved into overseas territories, where they again had to deal with vastly different natural environments and populations. Pictures of exuberant baroque churches in such places as Cuzco contrasted with sober New-England meeting houses.

The third and fourth lectures, each given by just one of the speakers, concerned the underlying aims and the governing style of the two colonial powers. The series concluded with a shared examination of the causes and the phases of the eventual disappearance of these two colonial empires.

First Monday Book Group

Auditorium, 10:30 a.m.

- | | |
|-------------|---|
| June 3 | <i>The Greater Journey</i>
by David McCullough |
| July 1 | <i>The Unlikely Pilgrimage of Harold Fry</i>
by Rachel Joyce |
| August 5 | <i>Wild</i>
by Cheryl Strayed |
| September 2 | <i>Flight Behavior</i>
by Barbara Kingsolver |
| October 7 | <i>Citizens of London, the Americans Who Stood with Britain in Its Darkest Hour</i>
by Lynne Olson |
| November 4 | <i>Sweet Tooth</i>
by Ian McEwan |
| December 2 | <i>The Round House</i>
by Louise Erdrich |

Books may be borrowed from the Bookmobile every other Friday.
Consult bulletin board schedule
Sally Bloomer

Religion at Broadmead

Friends Meeting for Worship

Sundays at 11 a.m.
Stony Run Board Room

Inter-Faith Vespers

3rd Sunday every month
4:30 p.m. Main Lounge
June 16

The Rev. James Crowder
Broadmead resident
July 21

The Rev Roy Joellenbeck
United Church of Christ, retired
Former Chaplain, Towson University
August 18

The Rev. John Roberts
Former pastor Woodbrook Baptist Church

Bible Study

Tuesdays at 10 a.m.
Fireplace Room
(sponsored by Brown Memorial
Woodbrook Presbyterian Church)

Episcopal Communion

1st Wednesday every month
10:30 a.m. Holly Terrace
(sponsored by Sherwood Episcopal Church)

Catholic Mass

2nd Wednesday every month
10 a.m. Holly Terrace
(sponsored by St. Francis Xavier Church)

The Gathering

Faith Related Topics
4th Wednesday every month
10:30 a.m. Auditorium
(sponsored by the Episcopal Church
of the Redeemer and Brown Memorial Park
Avenue Presbyterian Church)



Photo by Natalie Starr

Concert violinist Joanna Marie Frankel delighted her Broadmead audience with two pieces for solo violin, Bach's Sonata #2 in A minor and his Partita #2 in D Minor. Frankel, en route from her Julliard School of Music graduation to a concert master position in South Africa, was lured here by Bob and Susie Fetter who heard her perform in Landisburg, PA. Shown congratulating her on a splendid performance here are Broadmead resident string players Jean Wilson, left, a trustee and violinist, who once owned a violin similar to Frankel's and Phyllis Olson who played bass violin with the Baltimore Symphony and who now co-chairs the Residents Association Music Committee.

Country Store

Monday to Friday
10 a.m. - 2 p.m.
Saturday: 11 a.m. - 1 p.m.

SALE

of all

**Handbags
Wallets**

**Tote bags
Clutches**

up to 70% off



Broadmead Movies

Auditorium at 7 p.m.

Tuesday movies selected by Carol McCord
Friday and Saturday movies by Jeanne Stephenson

Tuesday, June 4 The Railway Children
(Jemima Rooper, Jack Blumenau, Clare Thomas)
Charming turn of the century story of a youthful trio whose one goal is to clear their father of a false espionage sentence. English countryside setting with many scenes where children go to meet the local train with a picturesque steam engine and a familiar, friendly crew.
2002 NR 105 minutes

Tuesday, June 11 Lincoln
(Daniel Day Lewis, Sally Field, Hal Holbrook)
Stephen Spielberg directs this two-time Academy Award winner, a revealing drama on the 16th president's tumultuous final months in office. Lincoln chooses a course of action to end the war and change the direction of generations to come.
2012 PG-13 150 minutes

**Friday, June 14 The Portrait of a Lady
(Part I)**
(Richard Chamberlain, Edward Fox)
After the death of her remaining parent, Isabel is taken to England by her aunt. She is introduced to her cousin Ralph Touchett who later leaves her most of his large inheritance.
1968 NR 120 minutes

**Saturday, June 15 The Portrait of a Lady
(Part II)**
Assisted by the malevolent Madame Merle, Gilbert Osmond marries Isabel for her money. Dying in her arms, Ralph tells Isabel "If you've been hated you've also been adored - Oh, Isabel, adored."
1968 NR 120 minutes

**Tuesday, June 18 The Romantic
Englishwoman**
(Glenda Jackson, Michael Caine)
The real and the fabricated intertwine in Tom Stoppard's provocative tale of novelist Lewis Fielding, who imagines that his vacationing wife, Elizabeth, is having an affair, then has her would-be lover over for tea and a literary chat.
1975 R 125 minutes

Tuesday, June 25 The Yellow Rolls Royce
(Ingrid Bergman, Rex Harrison, Shirley MacLaine)
Slick Terrence Rattigan drama involving a trio of owners of title car, focusing on how romance played a part in each of their lives.
1964 NR 122 minutes

Summer Movies

Tuesday, July 2	The Wild Child
Saturday, July 6	Guys and Dolls
Tuesday, July 9	Mountains of the Moon
Saturday, July 13	The Heiress
Tuesday, July 16	The Girl with the Pearl Earring
Saturday, July 20	The Queen
Tuesday, July 23	A Raisin in the Sun
Saturday, July 27	Zero Dark Thirty
Tuesday, July 30	The Last Metro
Saturday, August 3	The Sting
Tuesday, August 6	The Words
Saturday, August 10	Sleepless in Seattle
Tuesday, August 13	In the Name of the Father
Saturday, August 17	Adam's Rib
Tuesday, August 20	Silver Linings Playbook
Saturday, August 24	The Quiet Man
Tuesday, August 27	Goodbye Lenin
Saturday, August 31	For Whom the Bell Tolls

Visit Baltimore American Indian Center Heritage Museum New Exhibits

Thursday, August 8
11:45 a.m. - 3:00 p.m.

**Sponsored by
Multicultural Committee**

**Sign-up Sheet for Broadmead Bus
Bulletin Board**

VOICE OF THE RESIDENTS

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Although only part of it shows here, a perfect half-circle rainbow appeared over Broadmead in the early evening of May 9. Judith Hundertmark provided this photo.